



## 'BUILDING BLOCKS FOR RESILIENCE THROUGH MUSIC THERAPY

### RESILIENCE FOCUS activity 4: positivity

Build resilience and develop coping strategies to add to your child/pupil's emotional toolbox by focusing on establishing and sustaining positivity within musical interactions



Please complete a blank recording sheet for each musical activity and for this week it is **Record week 4** (see separate recording sheets) It will enable us to monitor the progress in this area through eye contact, facial expression, use of voice, initiating play on an instrument and prompting a movement. If a parent/carer needs support with this then please contact your teacher for further assistance and guidance.

### POSITIVITY



Music and the contrast that can be evoked by a piece of music can enable an individual to feel thankful and positive in their relationships, in their education, in their levels of confidence and self-esteem and in expressing how they feel. For those on the autistic spectrum, music can emphasise what the individual is able to do, highlighting the innate ability to respond to music in a positive and enthusiastic way.

**Musical appreciation and gratitude** bring together music with feeling grateful and thankful for the people, things, places and sensory experiences that your child/pupil has access to and can provide an opportunity for your child/pupil to become more in tune with them. Follow the instructions on the link below to create a sensory gratitude board, tray or jar that captures all the things that your child/pupil is motivated by.

Musical appreciation and gratitude activity: <https://youtu.be/P-WJdnK7S4s>

Link to Thanks A Lot song: <https://youtu.be/ZLphADfy4tw>

KEEP WELL



KEEP SAFE